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MCMORRIS LOOKS TO BOUNCE BACK FOR SOCHI

REGINA SNOWBOARDER TAKES SILVER AT THE X GAMES AFTER FRACTURING A RIB PAGE 13

HITTING THE RIGHT NOTE

Singer Lorde performs onstage during the 56th Grammy Awards at Staples Center in Los Angeles on Sunday. The 17-year-old New Zealander was one of the night's early winners, for best pop solo performance. More Grammys coverage, page 8. KEVORK DJANSEZIAN/GETTY IMAGES

Riding winter's highs and lows

Roller-coaster. Clashing systems of warm and cold air cause weekend warmup, but northerly flow means cold weather is back for southern Saskatchewan

MORGAN MODJESKI
Metro in Saskatoon

A weekend that included unseasonably warm weather across southern Saskatchewan may have brought thoughts of spring to the minds of many, but experts warn winter is far from over.

Two clashing air streams in the Earth's upper atmosphere caused temperatures to jump above freezing on Friday and Saturday, but Sunday's colder temperatures served as a snapshot for the upcoming week.

Dan Fulton, a meteorologist with Environment Canada, said although the province will experience a "fairly quiet" weather pattern in the coming days, temperatures are expected to drop with Monday's predicted high a frigid -25 C.

"For the coming week, the weather pattern has changed so that for Saskatchewan, you're now locked into a more northerly flow," Fulton said Sunday. "So that warm air is not going to have a chance to get too far east."

However, even though warm air from the Pacific Ocean will only reach as far as Alberta, temperatures in Saskatchewan will increase slightly as the week continues.

Highs for both Saskatoon and Regina are expected to hover between -15 C and -19 C with lows dropping to an average of -25 C.

Blowing snow in the southeast corner of the province was also cause for concern on Sunday, as Saskatchewan RCMP closed Highway 39 north of Estevan for an hour due to a collision between a semi-truck and another vehicle.

Const. John White with RCMP traffic services said blowing snow was likely a contributor in the collision.

"There was very limited visibility," White said in a phone interview on Sunday afternoon.

"Today the visibility was so limited you actually couldn't even see the markings on the roadway and it would be tough to tell … if you were actually in your own driving lane or not," he said. "It was probably the worst I've seen for the season."

Environment Canada predicts temperatures for the rest of January won't climb above 0 C and RCMP advises drivers to check local weather forecasts and Saskatchewan's highway hotline before travelling on any of the province's highways.

It couldn't last forever …

-25 C

Monday's predicted high, following above-freezing temperatures on Friday and Saturday

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NEWS 1

Regina Humane Society hosts annual telethon Sunday night

'We're so grateful to the community'. RHS was hoping to raise $60,000 to help care for and re-home animals

MARCO VIGLIOTTI
marco.vigliotti@metronews.ca

Furry friends of both the canine and feline variety graced television screens across the city last night as the Regina Humane Society (RHS) hosted its 26th annual telethon on Access Communications' channel seven.

The RHS was looking to raise $60,000 to help support its core operations caring for and re-homing the more than 4,400 animals that come through their doors each year, said Sarah Luciak, events co-ordinator with the organization.

"It's one of the highest goals that we've had in years," she said of the drive for $60,000, noting this is the first year the RHS has been able to offer an online stream of the telethon.

"We're hoping with that streaming, we'll be able to get that many more donations and reach a larger audience."

The 26th annual Regina Humane Society telethon aired Sunday night on Access Communications' channel seven. The RHS is looking to raise $60,000 this year, says events co-ordinator Sarah Luciak. MARCO VIGLIOTTI/METRO

Over the last 25 years, the group's telethons have raised over $800,000 — with more than half of the total coming in the past five years.

In 2013, the RHS raised around $56,000.

"We're very fortunate that we have a lot of support in Regina," Luciak said. "We're so grateful to the community ... we have a lot of fantastic donors."

The stories featured on the telecast of the animals that have beaten the odds tend to be the best received, she explained.

One such story is Micah the cat, who had gotten out of its house in the middle of winter.

Thought to be gone, Micah was found dirty and malnourished by the RHS and returned to its owner after successfully identifying the cat by its tattoo.

Warehouse District bar acts as set of tourism vid

Local band Fly Points performs Sunday at McNally's Tavern.
MARCO VIGLIOTTI/METRO

Film cameras, studio lights and some excited Reginans gathered at McNally's Tavern on Sunday for the shooting of the city's latest tourism video.

The video is designed to showcase Regina as a vibrant and attractive locale, as well as spotlight some of its hidden gems, such as the city's excellent culinary scene, explained Alison Barton, digital media co-ordinator with Tourism Regina.

"We're doing it as a musical video style ... because music videos are more fun and people want to watch and will watch it to the end," she said of the commercial's design.

The brick-covered walls of the Warehouse District bar provided the backdrop for a performance by local band Fly Points that will feature prominently in the commercial.

"We wanted to have a local flavour to it," Barton explained as one reason to feature the band.

"Also, everybody seems to have a upbeat, resonating song that really kind of signifies who you are ... and you associate it with that city."

The video, which should be completed by the end of February, will run on YouTube, as well as the city's TripAdvisor site.

Including the fee to purchase the Fly Points song, the final cost of the commercial is expected to total around $40,000, Barton said.

MARCO VIGLIOTTI/METRO

Awaiting approval

Council likely to assume $100M debt to finance new stadium

City council appears poised to formally approve the assumption of $100 million in debt from the province to help finance Regina's $278-million new stadium and future home of the Saskatchewan Roughriders.

"We've approved (accepting $100 million of debt) as the cost of having a loan ... as part of financing the stadium," Mayor Michael Fougere said of the motion to formally accept the debt that will go before council on Monday.

The $100-million loan, he explained, was taken out through the provincial government to allow the city to tap into lower interest rates.

Unlike the $78 million the city also committed to the project, the debenture will be financed by a $12 ticket surcharge applied to all events over the next 30 years held at the new stadium — slated to open in 2017.

"This $100-million loan will be paid not by the taxpayers but those who use the stadium," Fougere said.

The length of the loan is 31.5 years, but there will be no penalty incurred if the city opts to pay off the debt before then, he added.

The loan will increase the city's debt load to slightly more than $216 million — still significantly below its $450-million debt limit imposed by the Saskatchewan Municipal Board. MARCO VIGLIOTTI/METRO

‘We will try to find the strength to get through this’

A woman holding a picture of her husband, who died in last week’s seniors’ residence fire, arrives for a commemorative service for the victims on Sunday in L’Isle-Verte, Que. RYAN REMIORZ/THE CANADIAN PRESS

L’Isle-Verte. Owner of fire-ravaged seniors’ home speaks about tragic loss of life to over 1,000 gathered at commemorative mass

The owner of a Quebec seniors’ residence that burned to the ground offered his condolences to the victims Sunday.

Speaking to a throng of reporters outside the church in L’Isle-Verte, Roch Bernier said it was not the right time to say whether he would rebuild the residence.

He said the mass, attended by more than 1,000 people, was a day for the victims, the missing and residents of the town.

Bernier received a standing ovation as he stood up to speak at the mass.

“What you’re living inside, we are living it inside as well,” he told the gathering, which included Quebec Premier Pauline Marois and Liberal Leader Philippe Couillard. “We will try to find the strength to get through this.”

A more formal commemorative ceremony, featuring more dignitaries, is scheduled for this Saturday. Sunday was a chance for the tiny Quebec village to voice its collective grief, with priest Gilles Frigon calling it “a first step toward healing.”

Meanwhile, authorities said there was no change in the number of victims. Ten people have been confirmed dead and 22 others are missing and presumed dead after Thursday’s blaze at the Résidence du Havre.

Searches were hampered Sunday by bitter cold, poor visibility, blowing snow and winds up to 90 km/h, provincial police Lt. Guy Lapointe told a news conference.

Marois arrived in L’Isle-Verte on Sunday to see first-hand the results of the fatal fire, cutting short a trip to Europe to deliver condolences in the village of about 1,500.

The premier called the brutal blaze “unacceptable” and said she hopes such a tragedy never repeats.

She told a news conference that everything is being done to provide support for those who survived the fire and to give closure to those still awaiting word on their loved ones.

THE CANADIAN PRESS

No rush to judgment

“We will wait for the inquiry because now we don’t have the results of this evaluation and examination. After that, we will see if there are some new rules to adopt.” **Quebec Premier Pauline Marois,** who said she wants to see the results of the various investigations into the blaze before rushing to judgment on a solution.

Hundreds rally in Ottawa to ‘save Canada Post’

Around 300 protesters marched through downtown Ottawa en route to the Prime Minister’s Office (PMO) Sunday to protest government plans to end door-to-door mail delivery.

Marching to the beat of Bob Marley’s Get Up, Stand Up, the employees, most of them from Montreal, blew whistles and waved signs while shouting, “Save Canada Post” as they converged at the PMO for the rally.

“This is not just an attack on Canada Post and our customers, this is an attack on our whole country and everybody who lives in this country,” said Ian Anderson, president of the Canadian Union of Postal Workers (CUPW) Ottawa local, to a roar of cheers.

“We need to stop this corporation and stop this government — it’s an attack on everybody.”

The Crown corporation is eyeing $900 million in savings every year by replacing foot delivery with community mail boxes and increasing postage prices. The feds also plan to cut thousands of jobs over the next five years.

The plan doesn’t sit well with Sid Ryan, the president of Ontario Federation of Labour, who rallied the crowd Sunday.

“This social program of postal delivery has been in place for 150 years. It is one of those social programs that unites our country, just like the health-care system,” he said. “We’re not going down without a fight.”

Ottawa & District Labour Council president Sean McKenney told the hundreds huddled around him trying to stay warm that the changes will mostly affect “our elderly, our disabled, our sick, our seniors,” and said Canada Post CEO Deepak Chopra has been “completely ignoring suggestions by others.”

The CUPW plans to continue to protest the changes with door-to-door campaigns and other crusades to drum up even more support to save urban postal service.

TREVOR GREENWAY/METRO IN OTTAWA

Billie the dog walks along with about 2,000 people marching through the streets of Ottawa in support of the CUPW, which rallied outside Prime Minister Stephen Harper’s office Sunday. FRED CHARTRAND/THE CANADIAN PRESS

Back in session

As Parliament returns, scandal, budget, expected to dominate

MPs return to Parliament on Monday with the spectre of the Senate expenses scandal still hovering over the government, which says it intends to remain focused on the economy, with next month’s budget the centrepiece of the winter sitting.

But New Democrats and Liberals believe the ongoing RCMP investigation and potential charges against Prime Minister Stephen Harper’s former chief of staff and four senators will keep the government firmly mired in the Senate scandal, as it was for most of last year.

THE CANADIAN PRESS

Privacy

Border officials to share personal info with federal government

Canadian border officials plan to share personal information obtained under a new Canada-U.S. border data-exchange program with other federal departments.

The program, in which Ottawa and Washington will start sharing their citizens’ travel and biographic data this summer, means anyone from Canada travelling to or from the U.S. by land will have his or her information passed on to federal departments.

The Canadian Border Services Agency confirmed the new practice and said data would only be passed in accordance to stringent rules. TORSTAR NEWS SERVICE

Life’s a beach for Biebs

Justin Bieber spotted relaxing in Panama amid DUI charges

A Panamanian radio and TV host says Justin Bieber has been relaxing on a beach in Panama on a vacation from the U.S., where he faces DUI charges after being arrested last week.

Eddy Vasquez was filming a show at the Pacific Coast resort in Punta Chame, about 145 kilometres west of Panama City, when he spotted Bieber and members of his entourage walking along the beach.

He and his crew took pictures of the singer and his companions, who got on personal watercraft and travelled to a nearby island.

THE ASSOCIATED PRESS

Advance voting. Thai protesters force closure of many polling stations

Anti-government demonstrators swarmed dozens of polling stations in Thailand on Sunday to stop advance voting for next week's general elections, chaining gates shut, threatening voters and preventing hundreds of thousands of people from casting ballots.

A protest faction leader was fatally shot in a confrontation near a voting centre that also left 11 people wounded, the city's emergency services said, and isolated street brawls broke out in several parts of Bangkok.

The chaos underscored the precariousness of Thailand's fragile democracy, and the increasing weakness of Prime Minister Yingluck Shinawatra's elected administration. Yingluck had called the Feb. 2 vote in a failed bid to ease months of street protests, but police did not disperse the crowds because of longstanding orders to avert violence, which many fear would give the all-powerful army reason to stage a coup.

A Bangkok resident shows her support to anti-government protesters outside a polling station in Bangkok, Thailand, Sunday.
WASON WANICHAKORN/THE ASSOCIATED PRESS

"It's a sad day for democracy when the right to vote ... is assaulted by a political movement that claims to be striving for reform and people's empowerment," Sunai Phasuk, a senior researcher at Human Rights Watch, said of the protesters. "Everything that happened today shows they are striving for the opposite."

THE ASSOCIATED PRESS

Egypt. Presidential elections to come first, then parliamentary

Egypt's interim president announced Sunday that the country will hold presidential elections before parliamentary polls, promising that a rise in "dark terrorism" won't derail a transition to democracy following a July 3 popularly backed military coup.

The announcement, expected after weeks of speculation, comes as many think army chief Gen. Abdel-Fattah el-Sissi will run for president after leading the coup that toppled Islamist President Mohammed Morsi.

But Egypt remains dangerously divided, as seen in clashes Saturday that pitted security forces and civilians who back the interim government against Morsi supporters, killing 49 people. There has also been a rise in militant attacks, including one on Sunday that killed three soldiers in the country's lawless Sinai Peninsula.

In a brief nationally televised speech, Interim President Adly Mansour said he will ask Egypt's election commission to open the door for presidential candidates to register. Egypt's newly adopted constitution calls for the first election to be held within 90 days of its passage, or before the end of April, with the parliamentary polls held before the end of July.

There have been growing calls for el-Sissi to run, with many among Egypt's turmoil-exhausted public saying only a strongman can deal with the country's myriads problems, like restoring stability and legitimizing the interim government installed after Morsi's ouster.

"The country needs a strong president, more than it needs a parliament or elected lawmakers," said Omar Gamaleddin, a Cairo resident. "This is a good decision."

THE ASSOCIATED PRESS

El-Sissi

The general has not yet made a formal announcement. He would have to quit his post as defence minister before launching a campaign for the presidency.

- Under the new constitution, a president can serve a maximum of two four-year terms.

Syria peace talks lead to deal for city under siege

The city of Homs. Activists say about 800 families are trapped without regular access to food or medicine

Two days of face-to-face peace talks yielded a narrow and tentative agreement Sunday for women and children trapped in a blockaded Syrian city, and the government said President Bashar Assad had no intention of giving up "the keys to Damascus."

Syrian opposition chief negotiator Hadi Bahra, left, and Louay Safi, spokesman for the Syrian National Coalition, leave a meeting at the European headquarters of the UN in Geneva on Sunday.
SALVATORE DI NOLFI/KEYSTONE/THE ASSOCIATED PRESS

Quoted

"This is a red line. If some people think we are coming here to give them the keys of Damascus they are wrong."

Syrian Deputy Foreign Minister Faisal al-Mikdad

With little progress to show after months of international pressure for the conference in Geneva, the UN mediator hoping to broker an end to Syria's civil war defended their pace.

"I think being too slow is a better way than going too fast," Lakhdar Brahimi said. "If you run, you may gain one hour and lose one week."

The limited agreement to let women and children leave a blockaded part of the old city of Homs, under negotiation for at least two days, fell far short of expectations and was called into question by multiple reports of government shelling.

The talks have yet to touch upon the issue of a possible transitional government — their purpose according to terms laid out when they were first conceived. But the government was unequivocal that Assad's future was assured in the country led by his family since 1970.

In Syria, the war continued as if there were no effort to stop it — gunfire and shelling in Homs, between Assad's forces and rebels, and between the al-Qaida-linked militants and Kurdish fighters, according to the Britain-based Syrian Observatory for Human Rights.

The blockaded districts of Homs came under intense fire that activists blamed on the government, calling into question how any deals reached in remote Switzerland could be implemented or verified in a chaotic civil war with dozens of players that began as a largely peaceful uprising against Assad.

More than 130,000 people have died in less than three years, and millions of Syrians have fled their homes.

THE ASSOCIATED PRESS

Protester commemorated after dying in Kyiv clashes

Protesters carry a coffin of Mikhail Zhiznevsky, 25, one of two protesters who died of gunshot wounds on Wednesday, during a commemorative service in Kyiv, Ukraine, Sunday. Ukraine's opposition called off a massive rally planned for Sunday because of the funeral for a protester killed in clashes with police last week, underscoring the rising tensions in the country's two-month political crisis. The opposition contends they were shot by police in an area where demonstrators had been throwing rocks and firebombs at riot police for several days. DARKO VOJINOVIC/THE ASSOCIATED PRESS

Congo

Explosions kill and wound many

The United Nations peacekeeping mission in Congo says explosions from an arms depot near the diamond-mining hub of Mbuji-Mayi have killed more than 20 people. A UN statement says the explosions injured 50 people.

THE ASSOCIATED PRESS

Ferry disaster

Tourist boat sinks off Indian islands

A boat carrying local tourists capsized Sunday in India's Andaman Sea in the Bay of Bengal, killing 21 people, officials said. Thirteen were saved, and rescuers were looking for another 11 people believed to be missing.

THE ASSOCIATED PRESS

Somalia

Commander killed by missile

A member of Somali rebel group al-Shabab was killed Sunday by a missile fired by a suspected drone, a rebel commander said, blaming the U.S. for the strike. The attack took place in a village called Hawai, he said. THE ASSOCIATED PRESS

Seleka group

Top rebels flee the CAR

Top members of the rebel coalition loyal to Central African Republic's former president fled the capital under the protection of Chadian peacekeepers Sunday, witnesses said, suggesting the rebels' demise could be imminent.

THE ASSOCIATED PRESS

An interview with former NSA contractor Edward Snowden aired on German TV, Sunday. THE GUARDIAN FILE/THE ASSOCIATED PRESS

NSA engages in industrial espionage, Snowden says

Interview on German TV. Intelligence leaker alludes to more revelations to come

Former NSA contractor Edward Snowden claimed in a new interview that the U.S. agency is involved in industrial espionage.

In the interview, aired Sunday night on German public television broadcaster ARD, Snowden said if German engineering company Siemens had information that would benefit the U.S., but had nothing to do with national security needs, the National Security Agency would still use it. It wasn't clear what exactly Snowden accused the NSA of doing with such information — he only said he didn't want to reveal the details before journalists did.

Snowden also said that he was no longer in possession of any NSA documents, because he had passed them all on to a few selected journalists and that he had no further influence on the release of the files.

He also said U.S. government representatives wanted to kill him, according to a simultaneous German translation by the station. Snowden referred to an article he had read on Buzzfeed in which U.S. government representatives had told a reporter that they wanted to kill him.

THE ASSOCIATED PRESS

End-of-life debate. Brain-dead, pregnant woman is taken off life support

The family of a brain-dead, pregnant Texas woman said Sunday afternoon that she has been removed from life support following a judge's ruling that a Fort Worth hospital was misapplying state law in the case.

A statement sent Sunday afternoon by lawyers for the husband of Marlisa Munoz says she was disconnected from life support about 11:30 a.m.

Judge R.H. Wallace had given the hospital until 5 p.m. Monday to comply with his ruling to remove Munoz from life support, which Erick Munoz says is what his wife would have wanted.

She was 14 weeks pregnant when her husband found her unconscious Nov. 26, possibly due to a blood clot.

Both the hospital and family agreed before Wallace's ruling that Marlise Munoz meets the criteria to be considered brain-dead, which means she is dead both medically and under Texas law, and that her fetus, at about 23 weeks, could not be born alive this early in pregnancy.

THE ASSOCIATED PRESS

Erick Munoz stands with an undated photograph of himself with wife Marlise and their son Mateo. RON T. ENNIS/THE FORT WORTH STAR-TELEGRAM/THE ASSOCIATED PRESS FILE

Israel

Military whistle-blower freed

Israel's prison service says a former soldier who passed hundreds of classified documents to a newspaper reporter has been freed after more than two years in jail. Spokeswoman Sivan Weizman said Anat Kamm walked free Sunday morning.

Kamm began serving a prison term in 2011 after being convicted of passing military information to a reporter.

THE ASSOCIATED PRESS

Seasick

Outbreak aboard cruise ship

U.S. health officials on Sunday boarded a cruise ship docked in the U.S. Virgin Islands to investigate an illness outbreak that has stricken nearly 300 passengers with gastrointestinal symptoms including vomiting and diarrhea.

THE ASSOCIATED PRESS

So you think you're a tough guy, huh?

Competitors make their way across an obstacle during the annual Tough Guy race dubbed "the toughest race in the world" at Perton in Staffordshire, England, on Sunday. Tough Guy claims to be the world's most demanding one-day survival ordeal. First staged in 1987, the Tough Guy Challenge has been widely described as one of the hardest races of its type with up to one-third of the starters failing to finish in a typical year. JON SUPER/THE ASSOCIATED PRESS

People from normal childhoods with normal lives don't end up homeless. Dave disagrees.

(Dave, in shelters for 12 years)

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HOW TO ROLL
Alison Griffiths
metronews.ca

How can I hack thee? Let me count the ways. Actually, the number of hackable devices/technologies and programs is rising so quickly any list is outdated the moment it's created.

They (the hackers) are now peeking into your always-on nanny cam, taking a trip via your luggage tracking device and breaking into your home computer locks.

Lest you think this is hyperbole, hobby hacker Amy Webb, head of Webbmedia Group, notes in a recent article, "Our ever-expanding tech playground is mostly unsupervised. There is no playground teacher to blow a whistle when another kid takes control of your Bluetooth headset. There is no Norton Antivirus software for your garage door opener."

Fortunately, most of what we do is, quite frankly, not worth hacking. Still, when it happens, it's a huge nuisance.

Witness the massive annoyance that resulted after the credit card breaches at Target and Neiman Marcus over the holidays. Cancelling cards, changing pins, passwords and watching account activity carefully has been a royal pain. Last week a Reuters story found at least three other major retailers have been similarly attacked.

And just this week, I had to cancel a credit card because an unidentified merchant site had been "compromised."

While Canadian chip credit cards are more secure than U.S swipe cards, there are other security concerns — investment accounts, for example. My discount brokerage requires only a simple number-based code for log-in and password. Worse, I am allowed to use the same password for trading and access to the account. Six numbers gets me in and offers the key to trades and transfers.

Cyber security tips

- Turn off peripherals when not in use, including gaming consoles.
- Use long passwords made up of nonsense sentences with a capital letter and numbers, such as: "myKidhas4noses-1yelloweye&37legs."
- Use a number sequence, not a name, to identify your Wi-Fi network or mobile hotspot.

Most people don't monitor their investments — TFSA, RESP, RRSP, RRIF and non-registered account — regularly. That creates vulnerability. Protect yourself by being aware. Read investment statements monthly.

Avoiding hacking completely is tough, but you can take preventative action.

Money can't buy their land (for now)

Ron and Jeanne Crumly, seen on their family farm in Page, Neb., say they have no intention of signing to allow the Keystone XL pipeline on their land — whatever they're offered. Cash offers have been skyrocketing, as much as sevenfold, for holdout Nebraska landowners who are willing to sign quickly to allow the Keystone XL pipeline onto their property. The landowners say they've received written offers from pipeline builder TransCanada Corp. in the last few weeks offering exponentially more money than initially promised, on the condition that they sign soon. Those offers are pouring in at a pivotal moment for the Canada-U.S. pipeline, whose proponents hope to start building this year. One family says it was initially guaranteed $8,900 US in 2012 to allow the pipeline through its farm. Now, according to an offer sheet dated Jan. 13, 2014, the figure has surged to $61,977.84 US. But, just like that old marketing slogan says, the offer's good for a limited time only. Included in the price tag is a $27,000 US signing bonus that shrinks the longer they wait — after 30 days it falls to $18,000 US, then after 45 days it disappears entirely. ALEX PANETTA/THE CANADIAN PRESS

University of Calgary study. Can't get lil' Jacob to eat his carrots? Wrapping them in a pretty package could help

A University of Calgary study suggests wrapping food up in a pretty package is as likely to influence a child's food choice as a brand name like McDonald's

Prof. Charlene Elliott's study builds on one done by Stanford University a few years ago.

The Stanford study found that preschoolers thought foods wrapped in a McDonald's wrapper tasted better than the identical food presented in a plain wrapper. Children in the study even preferred the taste of carrots wrapped in McDonald's wrapping.

"It was a very provocative study," Elliott said. "It's hardly surprising that given the choice of something that was wrapped in something completely plain and something that was decorated, the preschoolers preferred the food in the decorated wrapping."

Elliott felt the Stanford study lacked depth, so she modified it.

"We redesigned the study to figure out if it was the brand that was influencing the taste preferences or was it actually the esthetics of the packaging itself?"

In Elliott's study, 65 preschool-aged children were asked to choose between food pairs presented in various wrappings including Starbucks — a brand children might not be familiar with.

Mmmm, this food is great, look at the wrappers! GETTY IMAGES FILE

The children were asked to choose between McDonald's and plain white wrapping; McDonald's and colourful non-branded wrapping; and McDonald's and Starbucks wrapping.

"Not surprisingly preschoolers thought the food that was in the decorated wrappers tasted best compared to the plain ones even though it was identical," she said. "But it wasn't about brand preference ... it's more about the esthetics."

THE CANADIAN PRESS

Mouth-watering esthetics?

- An equal percentage of children preferred McDonald's burgers in Starbucks wrappers as they did McDonald's burgers in McDonald's wrappers.
- For fries and carrots, the majority of kids indicated the samples tasted the same. For those kids who did indicate a preference, more children preferred the taste of fries and carrots in the Starbucks wrapping over McDonald's.

Accepting cybercurrency

Bit by bit, Bitcoin is catching on

Will that be cash, credit card or Bitcoin?

A small number of Canadian businesses now accept Bitcoin, the digital currency that made its debut five years ago, and has been gaining momentum ever since.

Among the retailers is Quebec bed-and-breakfast operator David Mancini, who expects the payment method will have a practical appeal for foreign tourists visiting his community of Baie-Saint-Paul.

Bitcoin transactions are seen as more convenient than other forms of payments as they are sent directly and instantly from one person to another, avoiding processing and other fees usually charged by banks or third parties.

THE CANADIAN PRESS

The world's first Bitcoin ATM in Vancouver in 2013. GETTY IMAGES

Study. Getting Alberta's oilsands products to U.S. involves risks, unknowns

U.S. scientists are warning that there are environmental risks, regulatory holes and serious unknowns regarding the shipment of Alberta oilsands products by pipeline, rail and tanker.

The findings are in a 153-page report from last September by the emergency response division of the U.S. National Oceanic and Atmospheric Administration. The unit has expertise in preparing for, evaluating and responding to oil and chemical spills in coastal environments.

Enbridge, the company behind the proposed Northern Gateway pipeline to the British Columbia coast, counters that most of the concerns raised in the report are out-of-date, overstated or being resolved.

The study examined the several ways to transport Alberta's bitumen, a molasses-like crude oil, over U.S. land and water. Those included rail, the proposed Kinder Morgan Trans Mountain pipeline to Vancouver, the Keystone XL line to Texas from Alberta, and Northern Gateway. THE CANADIAN PRESS

Expert view

The report was written by six experts at the University of Washington and supervised by Prof. Robert Pavia of the university's School of Marine and Environmental Affairs.

- "While there are many arguments about the level of risk, no one believes the risk is zero," Pavia told The Canadian Press, adding that he was speaking personally.

Hope for the best, prepare for the worst

"In my mind it's not a question of whether a spill will occur, but how well-prepared we are for a spill once it does occur."

Prof. Robert Pavia of the university's School of Marine and Environmental Affairs, who supervised the report written by six experts at the University of Washington.

GET OUT OF BED? OUTLOOK NOT GOOD

URBAN COMPASS

Paul Sullivan
regina@metronews.ca

I'm trying to think of one good reason why you shouldn't just stay in bed this morning.

A modern-day Shakespeare making a movie about life in Saskatchewan would call it "The Winter of Our Discontent," and to be sure, it's one damn thing after another.

First, let's start with the weather. As I write, the Monday morning forecast is for -42 with the wind chill. And it's Monday morning.

Wind chill means wind, which means blowing snow, which means stay off the highway. That's if you can find it in the white-out.

Then let's talk communicable diseases. Saskatchewan's having the worst flu season since the dreaded outbreak of 2009. Nearly 800 reported cases, not including that guy who sneezed all over you on the bus this morning.

Now we've got measles. Well, maybe we haven't got them yet, but really, how long can it be? Even the coach of the University of Regina women's basketball team is under quarantine. Doesn't matter that he was the coach of the year in 2012. Cuts no ice with the measles.

Then there're your smug relatives on the B.C. coast, who are enjoying such a mild winter the cherry trees and snowdrops are blooming early. If you see that 604 area code on caller ID, don't bother to pick up. I just told you everything you need to know.

I mean, one good reason? OK, the paycheque. OK, it's "sunny." OK, it's a dry cold. OK, you had the measles when you were a kid. These are not good reasons. These are rationalizations. You could just call in sick, and even the most paranoid skeptic employer would believe you.

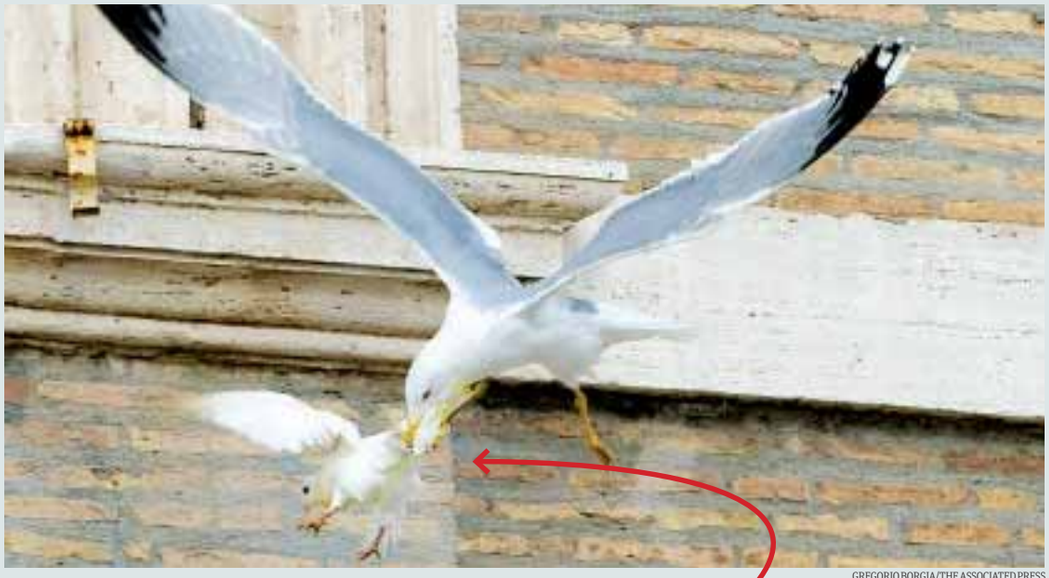
"Hello, boss, I have the flu — and the measles. Not to mention a bad case of SAD (Seasonal Affective Disorder). I should be over it soon. See you in April."

No, if you're going to get out of bed, you need Dr. Sullivan's Sure Cure for Winter:

1. Take an immediate dose of "all-inclusive."
2. Drink only from glasses with little festive colourful umbrellas.
3. If you do drink a hot beverage make sure it has marshmallows floating in it.
4. Dress in layers: Bathing suit. Snorkel. Fins. Drink with little festive colourful umbrella.
5. Practice your Spanish. "Dos cervezas, por favor" takes care of many situations. It's right up there with, ¿Dónde está el baño?, which comes in handy after cerveza demasiado.
6. Listen to music. Preferably mariachi music.
7. Find a place where "sunny" is not a euphemism for "so cold it will freeze exposed skin in under 30 seconds."
8. Buy a cat. Better yet, become a cat lady, get 70 cats and snuggle in.
9. Take up hot yoga. Dressed in layers.
10. Go to your happy place. You know, the one that's not -42, infected with measles, the flu and blowing snow.

ZOOM

Pope's symbol of peace snatched



GREGORIO BORGIA/THE ASSOCIATED PRESS

Pope Francis looks at two children as they free doves during the Angelus prayer he celebrated from the window of his studio overlooking St. Peter's Square, at the Vatican Sunday. GREGORIO BORGIA/THE ASSOCIATED PRESS

Seagull attacks released dove

Two doves which were freed by children flanking Pope Francis were attacked moments later.

The symbol of peace came under attack at the Vatican. Two white doves were sent fluttering into the air as a peace gesture as tens of thousands of people watched in St. Peter's Square below. After the Pope and the two children left the windows, a seagull and a big black crow quickly swept down, attacking the doves, including one which had briefly perched on a windowsill on a lower floor.

One dove lost some feathers as it broke free of the gull, while the crow pecked repeatedly at the other dove. The doves' fate was not immediately known.

While speaking at the window, Francis appealed for peace to prevail in Ukraine.

THE ASSOCIATED PRESS

Clickbait

LUKE SIMCOE
Metro Online

Now that folks have figured out how to safely jailbreak iOS 7, iPhone users can once again wade into a world of mobile apps that weren't approved by the ghost of Steve Jobs. Here are some of the more popular and useful jail-broken apps. To use them, you'll have to jailbreak your iPhone (instructions can be found on the Internet, but proceed at your own risk) and install the unofficial app store, Cydia.

GETTY IMAGES

BatterySafe:

If you're less than satisfied by your iPhone's battery life, try BatterySafe. When your phone gets low on power, BatterySafe automatically turns off power-hungry features like Bluetooth and Wi-Fi.

Activator:

This app allows you to create custom gestures and button combinations. For example, you could use the volume rocker to launch an app or create a gesture to send you to your home screen.

Bloard:

An example of the breadth of tweaks available for jail-broken phones, this simple app lets you use the sleek, dark keyboard by default in iOS 7.

CCControls:

This handy application lets you customize iOS 7's new control centre, letting you change the look and feel as well as add other toggles.

Twitter

@metropicks asked: A teen takes control of a plane after the pilot faints. What would be your reaction in this situation?

@DariaTuhtar: To quote Carrie Underwood: "Jesus, take the wheel."

@TaraEWilkins: I'd like to think I'd do the same but I'd probably have a panic attack and throw up. Sadly, it wouldn't be the first time I've done that either...

@notmattdaubs: I would try to channel the ghost of Leslie Nielsen.

@edmontongue: i would dirty my pants

@KashifMasudAwan: I would announce: do we have any working pilots on plane, lol

@Canucklehead_ca: Clearly take advantage of the distraction to commandeer the bar cart.

@nightowlsinc: Put my head between my legs and kiss my ass goodbye.

WE WANT TO HEAR FROM YOU:
Send us your comments: reginaletters@metronews.ca

metro

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Beyoncé and Jay-Z open Grammy Awards

Beyoncé and Jay-Z opened up the awards with their first Grammy performance together in years. ALL PHOTOS GETTY IMAGES

Macklemore & Ryan Lewis clean up. Drake is apparently the best they never had as he is effectively shut out, meanwhile Bieber is butt of jokes

Macklemore & Ryan Lewis made off with four trophies — including a sweep of the major rap categories — while Daft Punk hauled in three awards near the midway point of the 56th Grammy Awards.

The breakout Seattle pop-rap duo behind Thrift Shop and Can't Hold Us trumped competition including Kendrick Lamar, Kanye West and Toronto's Drake — who entered the day with five nominations but lost four of them during the lengthy pre-telecast — to win best rap song, performance and album before claiming best new artist.

"Hoooo. Wow, we're here on this stage right now," said an apparently disbelieving Macklemore, standing next to a silent Lewis.

As of press time, the pair still held nominations in song and album of the year, which were to be contested later in the Grammy broadcast.

The early wins for Macklemore & Ryan Lewis might have heralded a big night for hip-hop, although the victories for the pop-leaning duo over more critically acclaimed works from Lamar, West and Drake were bound to generate controversy in rap circles.

Music's favourite robot duo Daft Punk accept the best pop duo/group performance award for Get Lucky.

The pair's most substantial competition might have come from critically beloved French dance duo Daft Punk, who won three Grammys including best dance/electronica album for their influential Random Access Memories and best pop/duo group performance for their summer-stealing Pharrell Williams collaboration Blurred Lines.

As usual, the pair took the stage clad in huge metal helmets and refused to speak, leaving Williams to do the talking.

Macklemore & Ryan Lewis took home the best rap album, song, and performance awards.

Online

For more coverage and a complete list of winners, visit metronews.ca

Beyoncé opened the show with her new single Drunk in Love. She kicked off the broadcast with steam-sopped hair, cavorting suggestively around a chair before a tuxedoed Jay-Z bopped onstage and led his partner down the stairs by the hand, serenading her with his guest verse.

In other early performances, 17-year-old New Zealander Lorde delivered her breakout anthem Royals. Lorde won an award for best pop solo performance.

Elsewhere, Adele claimed her 10th Grammy — this time best song written for visual media for her "Skyfall" theme — while Rihanna picked up her seventh and the rock supergroup composed of Nirvana members and Paul McCartney won for best rock song.

Kathy Griffin didn't waste any time taking it bawdy after winning her first comedy album Grammy Award. She thanked the recently arrested Justin Bieber, joking, "I want to thank Justin Bieber for giving me his relax juice," then made a reference to Bieber's private parts. THE CANADIAN PRESS

Red carpet hotties

Taylor Swift, looking sensational in silver.

Pharrell's OV Mountie-style fedora — or is that Phedora — was the star of the show. It had its own Twitter handle in minutes, with companies like Gain and Arby's trying to horn in on the attention.

Madonna and her son David, in a throwback to her Open Your Heart video, with a bit of a nod to the late, great MJ.

Katy Perry hits the right note in this dress by Valentino.

Justin Bieber. ALL PHOTOS GETTY IMAGES

Justin's ex-housekeeper no longer a Belieber

He may be out of jail, but Justin Bieber isn't out of the woods just yet. In fact, a former housekeeper is worried it's all downhill from here. "I'm terrified he'll become the next Michael Jackson. If he doesn't act now I will hear one day that he has passed away. It is heartbreaking," Tatiana Voziouk tells Britain's Sunday People. "The drugs and hangers-on are turning Justin into a zombie." Voziouk, who began working for Bieber in 2012 and was recently let go, says she witnessed plenty of prescription drugs, marijuana and other substances on the premises. "I was always picking up joint butts and stubs from the kitchen, lounge and pool area where they had been thrown," she says, adding that she'd voiced concerns about Bieber's decline to his mother and manager, but to no avail. "Justin was once a sweetheart — kind, considerate and a talented boy, and now I am concerned for him," she says. "He's now a lost boy."

Dress your kid Kardashian!

The Kardashian sisters

Because the Kardashian enterprise just isn't big enough, Kim, Kourtney and Khloe Kardashian are launching a kids line. Khloe gave fans a sneak peek on Instagram, posting a few photos from the Kardashian Kids photo shoot. Expect a mix of sweet feminine prints and bold leopard looks for the girls and preppy-cool picks for the boys. So far, the sisters have kept it under wraps whether Mason, Penelope and North West will appear in the ads.

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Pop goes the week

Thanks for the mental images Jen and Ben!

STARGAZING
Malene Arpe
scene@metronews.ca

Jennifer Lawrence talks "armpit vagina" at the SAG Awards and Ben Affleck jokes about his penis size at the PGA Awards. They were both immediately nominated for the TMI Awards.

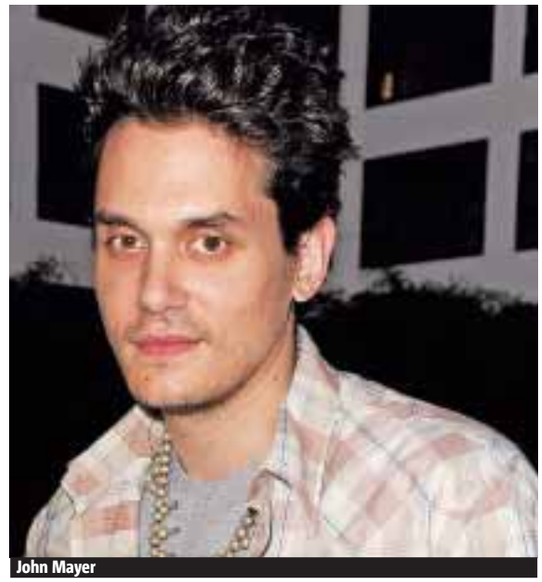
Bachelor Juan Pablo Galavis says that a gay version of The Bachelor would be perverted and could harm children. Then he goes back to groping drunken strangers in hot tubs for money while talking about his daughter.

This week in stripping. 1) Magic Mike's Joe Manganiello is considering becoming a partner in a male strip club. 2) Justin Bieber spends some $75,000 US at a Miami strip club. 3) Mark Ruffalo says that he really wants to do a stand-alone Hulk movie.

Katy Perry says that she fervently prayed for really big boobs when she was a kid. Well, I for one have just been miraculously cured of my atheism.

Dennis Rodman goes to rehab. Presumably for everything.

Victoria Beckham says that "I won't ever do it again" when asked about a Spice Girls reunion. Interestingly, she said the exact same thing when asked about smiling and eating lunch.



John Mayer

Go forth Mayer, you have Aniston's blessing

John Mayer doesn't need to worry about any residual anger from ex-girlfriend Jennifer Aniston when it comes to his blossoming romance with Katy Perry, according to Radar Online. "Jen and John have stayed friends. They're not super-close at the moment, but Jen has said she likes the John-Katy pairing a lot and wants to see them start a family together," a source says. "Of course, Jen is in such a good place with her own relationship that she can get away with being magnanimous. But when she was single, she didn't want to hear a thing about John's hook-ups, and to his credit he kept his personal life pretty low-key for the two years after they broke up."

Cate Blanchett

Cate Blanchett blames Golden Globes speech on the booze

If Cate Blanchett's Golden Globes acceptance speech was a bit irreverent or off-kilter, she has a perfectly good reason. Also, she doesn't quite remember what she said, if anyone has a transcript handy. "Unfortunately, my category came up rather late in the evening, so I was a couple of sheets to the wind," she tells the Telegraph. "Once your name is read out, it's a high like no other so I can't remember a lot. I hope I didn't do too many things I'll regret."

Book excerpt

Go ahead, teen, make my day

What teenager ever wanted to do something that their parents are allowing them to do? I decided there are a few things we should give our teenagers "permission" to actually do:

• Smirking and eye-rolling are Pediatric Association–approved methods ... of improving connectivity to the part of the brain that controls trigonometry. Carry on!
• Don't speak with clarity and respect. Grunting with an air of condescension and annoyance can actually soothe the vocal chords.
• Get at least eight hours of screen time per day. Continued exposure to alternative methods of entertainment, such as street hockey, swimming, cycling, and running, can result in unsightly muscles and toned legs, and take away from the challenge of piercing a particularly thick area in the midsection.
• Sleep only during daylight hours. Prolonged exposure to sunlight makes you more attractive to the opposite sex . . . who will just get in the way of fitting in your eight hours of screen time.

Once they have permission, these acts will suffer from omission, in my experience. EXCERPTED FROM KATHY BUCKWORTH'S I AM SO THE BOSS OF YOU: AN 8 STEP GUIDE TO GIVING YOUR FAMILY THE BUSINESS, MCCLELLAND & STEWART, 2013. AVAILABLE AT BOOKSTORES EVERYWHERE.

Exclusively online

Read the latest Metro content from Lyranda Martin Evans and Fiona Stevenson, authors of the hilarious, best-selling book Reasons Mommy Drinks, at metronews.ca/voices.

Hide the iPad, lie about fast food

Parenting. The small deceits and hidden vices of raising kids

Shannon McCormick, left, cutting up a tomato for her four-year-old daughter Sophie Chapman. Although not fond of tomatoes, McCormick keeps that fact from her daughter, who loves them. ROBERT LEITCH, THE MEDIA SOURCE/ THE ASSOCIATED PRESS

Mom Shannon McCormick loves fruits and vegetables and wants to pass that on to her four-year-old, but her resolve is tested when she encounters her nemesis: the tomato.

"Tomatoes are my kryptonite. My daughter loves them and I don't want to even suggest that they're anything less than delicious," said McCormick, in Columbus, Ohio.

That's why she choked down a chunk when her child stabbed it with a fork and held it to her lips a few months back.

"I just sat there and looked at her and thought, 'Well, I just have to do this,"' McCormick recalled. "I swallowed it whole."

Kids, parents are people, too. Remember that when you're older and learn of all the little things yours hid from you. Absent serious crimes and misdemeanours, you'll live to tell about it. Consider such moments great family stories and decide for yourselves whether you want to carry on the time-honoured tradition of hidden vices and small deceits in parenting.

"I've been hiding Twinkies under the front car seat since my first kid was in diapers," said Genevieve West, a stay-at-home mom of three in Portland, Ore. "Now that she's 12, my husband and I hide all evidence of our Starbucks trips or Thai takeout so we don't suffer her wrath."

Fast food was also a problem for Katrina Olson in Urbana, Ill.

"My husband abhors it, so when our girls were toddlers and wanted to go to McDonald's, we told them it was closed for cleaning on Tuesdays or Thursdays, or whatever day it happened to be. It worked for several years," she said.

Elisabeth Wilkins in Portland, Maine, is the editor of Empoweringparents.com, dedicated to helping parents change kids' questionable behaviour. But Wilkins is also something else: a third-generation chocolate hider, on the matriarchal side. "My brother and I would find it in the coat closet or the back of the freezer," she said.

Quoted

"You don't want to teach them bad habits. You don't want to teach them your bad habits."

Elisabeth Wilkins, mom of two
who hides her love of chocolate from her kids by eating it in her bedroom

Her son is now 11 and inherited that sensitive chocolate nose. "Sometimes I go into the bedroom and shut the door for, like, a half-hour and have a little bit of chocolate, then I'll go rinse my mouth out. Seriously. You feel responsible. You don't want to teach them bad habits. You don't want to teach them your bad habits," she said.

Eli Federman in Miami Beach, Fla., understands. He's the senior vice-president and co-founder of an online startup that offers flash sales on electronics, but he and his wife quickly realized that handing over an iPad to their daughter before she hit her second birthday was a mistake.

"She was always attracted to the iPhone. When she was around 1 we bought her the mini iPad. We thought because of the kids games that are on there, and because of the learning apps, she could interact," he said.

And interact she did.

"It just got so out of control. Even when she went to sleep she would request it. She'd be in the crib shaking the crib going, 'iPad, iPad, iPad.' She refused to go to sleep without it. There was no moderation. We were, like, we have to get rid of this, but we wanted it for ourselves, so we lock it in the chemical cabinet and wait to use it when she's sleeping or we're out or something," he said. THE ASSOCIATED PRESS

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From the roots up: Beef Barley Soup gets earthy

ROSE REISMAN
For more, visit rosereisman.com or follow her on twitter @rosereisman

Beef barley soup is the most comforting soup you can eat during the winter months.

Traditionally it is a classic soup made with stewing beef, carrots, celery, onion and tomatoes.

But in my version I have used root vegetables, which make all the difference. I also love it because it's a one-pot meal. You have protein, vegetables and grains.

Stewing beef is one of the leanest meats you can buy, but it is not as tender. That is why you tenderize the beef by adding it to a simmering soup. You want large cuts of meat from either the front shoulder or the rear end such as chuck, bottom round, pot roast or top round.

Barley has a rich nut-like flavor and a tasty, chewy pasta-like consistency. It is a good complex carbohydrate loaded with fiber, manganese and selenium.

Feel free to experiment with other root vegetables of your choice. This type of vegetable is also great as hearty side dishes or vegetarian mains. A good mixture of root vegetables always works because they pair so nicely, but putting the spotlight on sweet potatoes, for example, will also please everyone at your table.

The soup can be made two days in advance. All you'll have to do is add more stock when reheating. It also freezes well and is great for leftovers with a thick slice of bread.

Directions

1. Dust the beef with flour. In a large skillet sprayed with vegetable oil, sear the beef just until browned on all sides (about 3 minutes). Set aside.

2. In a large saucepan, add the oil and sauté the onions with the garlic over medium heat for 5 minutes. Add the mushrooms and sauté for 5 minutes or until no longer wet. Add the potatoes, sweet potatoes, parsnips, beef stock and barley, cover and simmer for 25 minutes or until the beef is tender and the barley is cooked. Add the Worcestershire sauce and salt and pepper.

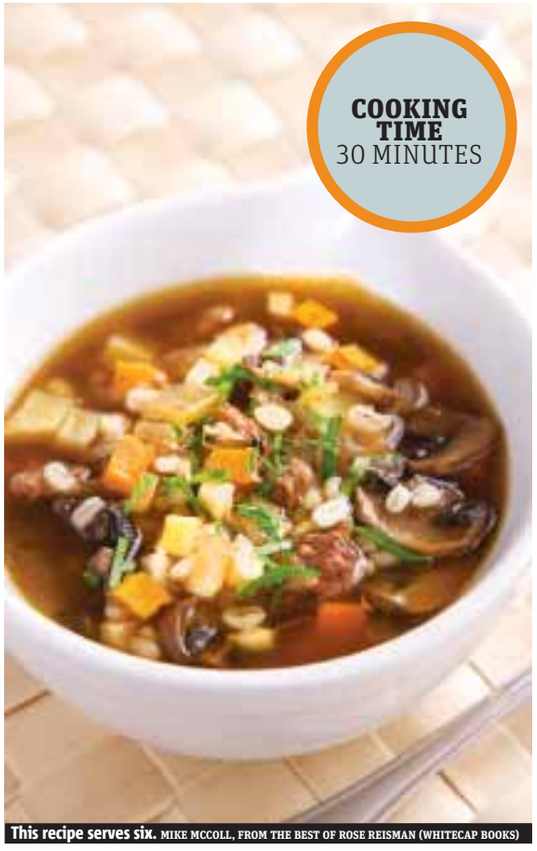
3. Ladle into individual bowls and garnish with parsley. **THE BEST OF ROSE REISMAN (WHITECAP BOOKS) BY ROSE REISMAN**

FLASH FOOD

From your stove to your table in 30 minutes or less

Ingredients

- 8 oz stewing beef, cut into small cubes
- 2 tbsp all-purpose flour
- 2 tsp vegetable oil
- 1 1/2 cups diced onions
- 2 tsp crushed garlic
- 2 cups sliced button mushrooms
- 3/4 cup diced potato
- 3/4 cup diced sweet potato
- 3/4 cup diced parsnip
- 4 cups low-sodium beef stock
- 1/4 cup pearl barley
- 1 tbsp Worcestershire sauce
- pinch of salt and pepper
- 1/4 cup chopped parsley



This recipe serves six. MIKE MCCOLL, FROM THE BEST OF ROSE REISMAN (WHITECAP BOOKS)

Be real when tackling your study distractions

Killing habits entirely is ambitious. Switching locations, going for a walk or moving to your favourite song can help break up a long session and make it more tolerable and fun

VICKI SALEMI
Metro World News

Twitter, Angry Birds and intramural volleyball, oh my! Distractions have never been so ubiquitous on college campuses.

This college generation is "wired for and thrives on a constant interrupt cycle," says Caroline L. Arnold, author of Small Move, Big Change: Using Microresolutions to Transform Your Life Permanently.

But trying to shut down all of the interruptions to eliminate distractions may actually be counterproductive. Instead, students need to learn to manage distractions differently.

Arnold, managing director at a leading investment banking firm, recommends limiting the duration, frequency and type of interruptions by making small changes, instead of overhauling habits completely.

Students should examine their own distraction patterns to find the "microresolutions" most likely to have a positive impact on study habits. "A microresolution must be easy, specific and measurable to succeed," Arnold advises.

For instance, Arnold recommends taking a 10-minute walk every two hours. "The walk will refresh your head with a change of scenery, exerting physical energy," she says. Plus, walking is meditative and good for problem-solving.

Another option is taking a short break to get your groove on. "Getting up to dance to a couple of numbers every hour is also a great body/brain refresher," Arnold says.

Another self-imposed behavior includes watching the clock regarding social media. One "like" here, one comment there, the next thing you know an entire hour has vanished. Arnold recommends limiting social media to five minutes per session. "Distracting yourself with social media and/or gaming apps actually could help break study impasses and stimulate new thoughts," she says. So instead of eliminating social media altogether, Arnold suggests making a pact prior to starting digging into work to determine the length of the break and how many breaks you'll give yourself each hour. "Commit yourself to living within those limits," she says. "The limits will actually help you enjoy your breaks more, because they won't feel furtive and guilty."

Tips for success

- **Location, location, location.** Change your study location every hour. New research shows that moving locations — even from the desk to the bed or from the bed to kitchen — helps keep thinking sharp.
- **See research through.** Stick to your task online when performing research. Getting sidetracked is inevitable — if you let it. "If you are looking up the year the British quit India, carry through your search with single-minded purpose," Arnold says. Only allow a distraction after that task has been completed.
- **Phone cravings.** Turn off your smartphone for 15 minutes every hour and see how it affects your productivity.

Make a five-minute-per-hour social media pact with yourself before studying and stick to it. These mini breaks will actually help break up your study load. ISTOCK

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'Round the world wisdom

Failing fast to succeed will help you in the long run

The severe market crash in October 2008 changed my life. I started running to regain my health, both emotional and physical. Shortly after I took my first steps, I ran the Gobi March in China in June '09, followed by the Atacama Crossing in Chile in '10 and the Sahara Race in Egypt in '11. In this post, I share a lesson about life, learned from the desert.

LESSONS FROM THE DESERT
Stéfan Danis
life@metronews.ca

When taking on a new project, consider actively seeking guidance to experiment with new methods, but learn quickly when the ideas don't work for you. When I signed up to run the Gobi six-marathons-in-five-days event, I had neither the know-how nor the expertise needed to successfully prepare. As the discipline of multi-stage running is still in its infancy, there is no set formula for doing so.

Look at failing fast while experimenting as a positive, not a negative. ISTOCK

Understanding my novice status, I chose to experiment. To build stamina, I started to work standing up, at times doing so for eight to 10 hours a day. I stopped taking elevators. I sold my car and I walked, tethered to a pedometer. Being on my feet helped me when I couldn't train. It worked. Like most people, I was too "busy" to stretch and thought I knew how to run. So I jumped right into my new challenge without instruction, running alone, typically after the kids were in bed. Taking such a leap didn't work and brought me to complete failure within three months, culminating in various injuries. Still, it would turn out to be a blessing — by failing fast I was able to change course just in time to take the starting line.

When taking on a project outside of the familiar, experiment quickly and actively look for feedback. Appreciate failing fast as an asset rather than as a setback, as a slow path to failure usually leads to a permanent stoppage, without any opportunity for a reset. **STÉFAN DANIS IS THE CEO OF NEXCAREER AND MANDRAKE, AND THE AUTHOR OF GOBI RUNNER**

4 SPORTS

X Games

Turski golden in ski slopestyle

Canada's Kaya Turski captured her fourth Winter X Games gold medal in women's ski slopestyle Sunday.

The Montreal native, who was competing just five months after having knee surgery on her anterior cruciate ligament, scored 91.33 on her second run to cruise to first place.

That placed Turski ahead of American Maggie Voisin and teammate Kim Lamarre of Quebec City.

Dara Howell of Huntsville, Ont., finished fourth while Yuki Tsubota of Whistler, B.C., was eighth.

THE CANADIAN PRESS

Bobsledding

Humphries captures World Cup bobsled title

Canada's Kaillie Humphries edged Elana Meyers of the U.S. by the slimmest of margins Sunday for the overall women's World Cup bobsled title.

The Calgary native finished with 1,629 points, one more than Meyers. If Humphries — the Olympic champion and now a two-time overall World Cup winner — was 0.03 seconds slower Sunday, Meyers would have won the title.

Humphries and Heather Moyse of Summerside, P.E.I., finished with three World Cup victories, one silver and one bronze medal.

One of the most explosive teams out of the start, the pair set a new women's start record in Konigssee at 5.17 in both runs.

THE ASSOCIATED PRESS

Mark McMorris of Regina soars to second place in the men's snowboard slopestyle at Winter X Games 2014 Aspen in Aspen, Colorado. DOUG PENSINGER/GETTY IMAGES

Local boarder hits speed bump on road to Sochi

Mark McMorris.
Olympic slopestyle favourite suffers injury after impressive X Games performance

Regina's Mark McMorris is taking home a silver medal and a fractured rib from Saturday's slopestyle event at the Winter X Games.

McMorris caught his snowboard on the lip of a rail and went sliding down the bar before landing hard on the snow on his third and final run of the day. He stayed on the ground for a few minutes before riding down the hill under his own power.

"I whacked my side and I lost my breath," said McMorris, who was treated and released from the hospital, where X-rays showed he had a fractured rib but no other damage.

"I lost my focus. It's too bad because I really wanted to do stuff here."

McMorris, the gold-medal favourite heading into Sochi next month, said in a statement that despite the injury, he still has his sights set on Russia, where slopestyle will make its Olympic debut.

Two weeks away

"While I'm sore, I'm continuing on my road to Sochi."
Regina's Mark McMorris

"After thorough discussions with my team of doctors and a number of medical specialists, and my physical therapist and coaches, I will continue as planned with travelling to Europe (Sunday) and recovering for the Olympics," he said.

"While I'm sore, I'm continuing on my road to Sochi."

Maxence Parrot of Bromont, Que., reached the top of the podium for the second time in as many days at the X Games, edging McMorris for gold with 96.33 points.

Parrot, who captured his first X Games gold medal Friday night in the big air competition, completed back-to-back triple corks for the first time in a slopestyle competition on his first run.

McMorris finished with 95.66 points on the strength of his second run.

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DeLaet falls short in down-to-the-iron finish

Graham DeLaet of Weyburn reacts after sinking his putt for eagle on the sixth hole of the South Course at Torrey Pines on Sunday in San Diego. DeLaet finished in a tie for second. LENNY IGNELZI/THE ASSOCIATED PRESS

In a tournament that was up for grabs, Scott Stallings hit a 4-iron worthy of a winner Sunday in the Farmers Insurance Open.

Stallings was in a five-way tie for the lead when he hit his second shot on the par-5 18th hole as hard as he could. It was enough to barely clear the water, and he took two putts from 40 feet for birdie and a 4-under 68 at Torrey Pines.

That was enough for a one-shot victory when no one could catch him.

It was the third career PGA Tour victory for Stallings, who earned a return trip to the Masters and should move high enough in the world ranking to qualify for the Match Play Championship next month in Arizona.

K.J. Choi had the best score of the week on the South Course with a 66 and was among those who tied for second. The pins were set up in favourable positions for birdies, making the course play the easiest it had all week.

But that didn't make it easy — not for Gary Woodland, Jordan Spieth, Pat Perez and so many others who squandered a good chance to win.

Jason Day (68) and Graham DeLaet of Weyburn, Sask., (68) each made birdie on the last hole to tie for second. So did Perez, the San Diego native who grew up at Torrey Pines and whose father is the longtime starter on the first tee at the Farmers Insurance Open. Perez missed a 10-foot birdie chance on the 17th. He closed with a 70.

Deep into the tournament, nearly 20 players were separated by only two shots.

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NBA

Heat on top again in Finals rematch

Chris Bosh scored 24 points on 9-for-10 shooting, LeBron James added 18 points and the Miami Heat rolled past the San Antonio Spurs 113-101 on Sunday in an NBA Finals rematch from last season.

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NHL

Montoya wins in return to Chicago

Al Montoya made 34 saves, Andrew Ladd scored his 150th goal and the Winnipeg Jets rallied to beat the slumping Chicago Blackhawks 3-1 on Sunday night.

Blake Wheeler had two third-period goals as Winnipeg won for the second straight day and improved to 6-1 under new coach Paul Maurice. They also averted a season sweep by the Blackhawks, who won each of the first three games between the teams.

Montoya was terrific while subbing for Ondrej Pavelec. The Chicago native shut down the Blackhawks after an early gaffe put the Jets into a 1-0 hole.

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Al Montoya celebrates the Jets' win Sunday in Chicago THE ASSOCIATED PRESS

NFL

Manning says he's not ready to ride off into sunset

Peyton Manning might not be ready to call it a career even if he leads the Denver Broncos to a Super Bowl victory over the Seattle Seahawks.

Manning and the AFC champion Broncos arrived in New Jersey on Sunday night for the start of preparations for the big game next week at MetLife Stadium.

The Broncos quarterback, at a news conference aboard the Cornucopia Majesty cruise ship, says he has no plans beyond next Sunday's Super Bowl, but adds that as of now, he "certainly" wants to continue playing. THE ASSOCIATED PRESS

Rangers hit one out of the park

NHL. Blueshirts channel Yankees in second-period barrage to down Devils in Stadium Series game

After sun reflecting off the ice delayed the first hockey game at Yankee Stadium, the New York Rangers and pinstriped goalie Henrik Lundqvist beat the New Jersey Devils 7-3 in snow and cold Sunday.

Rick Nash scored for the fifth straight game, and the New York Rangers used a four-goal second period to take the lead for good.

The Devils led 1-0 and 3-1 in the first, but New York got within one before intermission and then swarmed future Hall of Fame goalie Martin Brodeur.

After Dominic Moore and Marc Staal had goals in the first for the Rangers, Mats Zuccarello scored two straight to put New York ahead for the first time. Carl Hagelin and Nash found the net, too, behind the beleaguered Brodeur, who angrily swatted the puck away after one of the tallies.

Nash has seven goals in his streak and 18 this season.

A day after the Los Angeles Kings and Anaheim Ducks played in 15 C weather at Dodger Stadium, the NHL returned to conditions more fitting for hockey.

Lundqvist, who sported stylish pinstriped pads for the occasion, stumbled through a difficult first but settled down and made 19 saves.

The teams played through the second period as the snow started and increased in intensity, not long after they were forced to wait around an extra hour to drop the puck because of bright sunshine that created a dangerous glare on the ice.

The temperature was -4 C when the first puck dropped at 1:41 p.m. in front of a sell-out crowd of 50,105.

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Battle of New York

Yankee Stadium's second hockey game will take place on Wednesday night when the Rangers will again be the road team in a matchup with the New York Islanders.

Brad Richards of the Rangers celebrates scoring against Devils goalie Martin Brodeur at Yankee Stadium on Sunday in New York City. BRUCE BENNETT/GETTY IMAGES

Australian Open final a roller coaster of emotions

Rafael Nadal addresses the Aussie Open crowd after his loss to Stanislas Wawrinka in Sunday's final. GRAHAM DENHOLM/GETTY IMAGES

Before the tournament had even started, Rafael Nadal described the Australian Open as his unlucky Grand Slam.

But this year it seemed like the injury jinx that had plagued him in previous years — 2006, 2010, 2011, 2013 — had finally lifted.

That was until he got to the final — a match Nadal entered as the favourite against Stanislas Wawrinka. The top-ranked Nadal had beaten Wawrinka in all 12 of their previous matches.

Not only did Nadal lose, 6-3, 6-2, 3-6, 6-3, but he was loudly booed after taking a medical time-out in the second set. He pushed the match to four sets, but the 13-time major winner was struggling. The crowd rallied behind him chanting "Ra-Fa! Ra-Fa!" when he refused to quit.

Nadal apologized to the crowd and to Wawrinka, a friend since they were teens.

"I'm sorry to finish this way," Nadal told the crowd in the 15,000-seat Rod Laver Arena, which erupted in cheers. "This year was one of the most emotional tournaments in my career."

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Grand Slam graciousness

"It's really not the way you want to win a tennis match, but in a Grand Slam final I'll take it." Staninslas Wawrinka

Women's final

Li Na made it third-time lucky in the Australian Open final, beating Dominika Cibulkova 7-6 (3), 6-0 on Saturday to become the oldest woman to clinch the Australian title.

- Li, who turns 32 next month, lost Australian Open finals to Kim Clijsters in 2011 and to Victoria Azarenka last year.

Horoscopes

♈ Aries
March 21 - April 20
You will find it easier to be assertive this week but that does not mean you can order people around for the fun of it. Try to work harmoniously with those who share your aims.

♉ Taurus
April 21 - May 21
You have been worrying about something for no reason and what happens over the next few days will convince you that you have in fact been rather lucky. That luck will continue as someone makes you an offer you won't want to refuse.

♊ Gemini
May 22 - June 21
Listen to your instincts today because they are sharper than ever. If your inner voice tells you one thing while the so-called experts tell you another, you can bet they have got it wrong.

♋ Cancer
June 22 - July 23
Current cosmic activity makes you sensitive to changes, to the extent that you will sense when something is about to happen hours before it actually occurs. With that kind of advantage how can you possibly fail?

♌ Leo
July 24 - Aug. 23
If you work with the planets this week, you will find ways to shape your destiny. If you work against them your destiny will still change but maybe not in ways you feel comfortable with.

♍ Virgo
Aug. 24 - Sept. 23
Why merely fantasize about being where family and financial worries play no part when, with a little bit of effort, you can make it happen? Stop thinking and start acting.

♎ Libra
Sept. 24 - Oct. 23
You have been avoiding making some kind of decision but the time is rapidly approaching when you must act swiftly. You know what has to be done, so quit stalling and get busy.

♏ Scorpio
Oct. 24 - Nov. 22
Don't do something just because it is forbidden today. It may be fun breaking the rules but it could be costly. Risks are allowed but they must be of the calculated variety. Anything else is asking for trouble.

♐ Sagittarius
Nov. 23 - Dec. 21
Your main task over the next few days is to find ways to fulfill your obligations, while still having fun socially. For best results, steer clear of extremes and steer clear of people who bring out the worst in you.

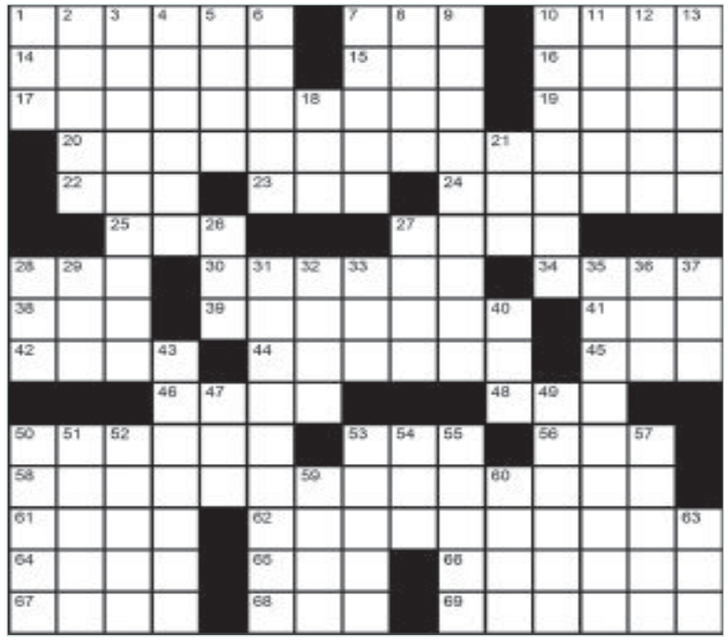
♑ Capricorn
Dec. 22 - Jan. 20
Try to be less suspicious when dealing with people on a professional level. That kind of attitude is self-fulfilling. If you think everyone is a shark then that is the kind of person you are going to attract.

♒ Aquarius
Jan. 21 - Feb. 19
The trend that dominates your life at the moment is positive, so stop trying to change things and go with the flow. Some events may seem negative to begin with this week but they will have positive results.

♓ Pisces
Feb. 20 - March 20
A quick decision isn't always the best, so stop worrying you're being left behind and need to catch up. You're where you need to be and don't need to change a thing. SALLY BROMPTON

Crossword: Canada Across and Down

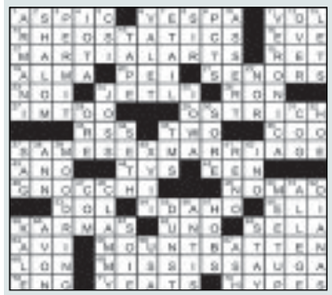
See today's answers at metronews.ca/answers.
BY KELLY ANN BUCHANAN



Across
1. Scoots
7. Segment, shortly
10. Aria in Verdi's opera Rigoletto: "__ nome"
14. Mr. Borgnine
15. Cellular stuff
16. Mary Kay rival
17. Northern Alberta community near the BC border: 2 wds.
19. Ms. Moreno
20. Canadian band for Shaun Verreault, Safwan Javed and Gordie Johnson: 3 wds.
22. 'Client' completer
23. Pics-taker of the stars
24. Eastern Townships ski resort, Mont __
25. Gladiator's 1550
27. Ploy
28. Podded plant
30. Toronto-born musician, Rik __
34. Skim
38. Prefix with 'cycle'
39. Reality TV producer Mark
41. Past
42. Salon products
44. Body of water for Moses: 2 wds.
45. Novel
46. Hints
48. Central
50. Ms. Fawcett
53. Halifax hrs.
56. Patty Hearst's kidnappers [acronym]
58. Historic Toronto accommodation for TV show guests: 3 wds.
61. Language of Pakistan
62. The Who's "Out here in the fields..." song: 2 wds.
64. 'Social' suffixes
65. Leandro's beloved
66. Backtrack to a happening
67. Covers roads
68. Internet hookup, commonly
69. Actor Nick's surnamesakes

Down
1. Hugh Jackman's wife, to Hugh
2. "What __ __ fighting for?" - Robert Service
3. Letter sent in an envelope: 2 wds.
4. Did a Border Collie's job
5. 'Opal' suffix
6. Postage
7. Wither: 2 wds.
8. "How could _ __?" (It was hard to refuse)
9. Canadian coffee roaster since 1919: 2 wds.
10. Wine-holding containers
11. Dispatch boat
12. Tilt-__ aircraft
13. "...so __ __ so forth."
18. Jennifer Lopez's first hubby, Ojani __
21. Bride's new title
26. Beirut's locale [abbr.]
27. Paths, for short
28. Certain canine
29. Compass point
31. Flipped-from-the-wall retro mattress: 2 wds.
32. Military food packets, commonly
33. Terminate
35. Like many a romantic dinner
36. Birthday number
37. Immediately
40. __-o'-shanter
43. Waltz composer, Johann __ (b.1804 - d.1849)
47. 'President' suffix
49. U2's "_ __ Haven't Found What I'm Looking For"
50. Produce product
51. Major artery
52. Actress Winona
53. Tree, in Spain
54. Style of music
55. "Every Rose Has Its __" by Poison
57. Pain relief brand
59. Paddles
60 Nabisco cookie
63. "Affirmative."

Friday's Crossword



Sudoku

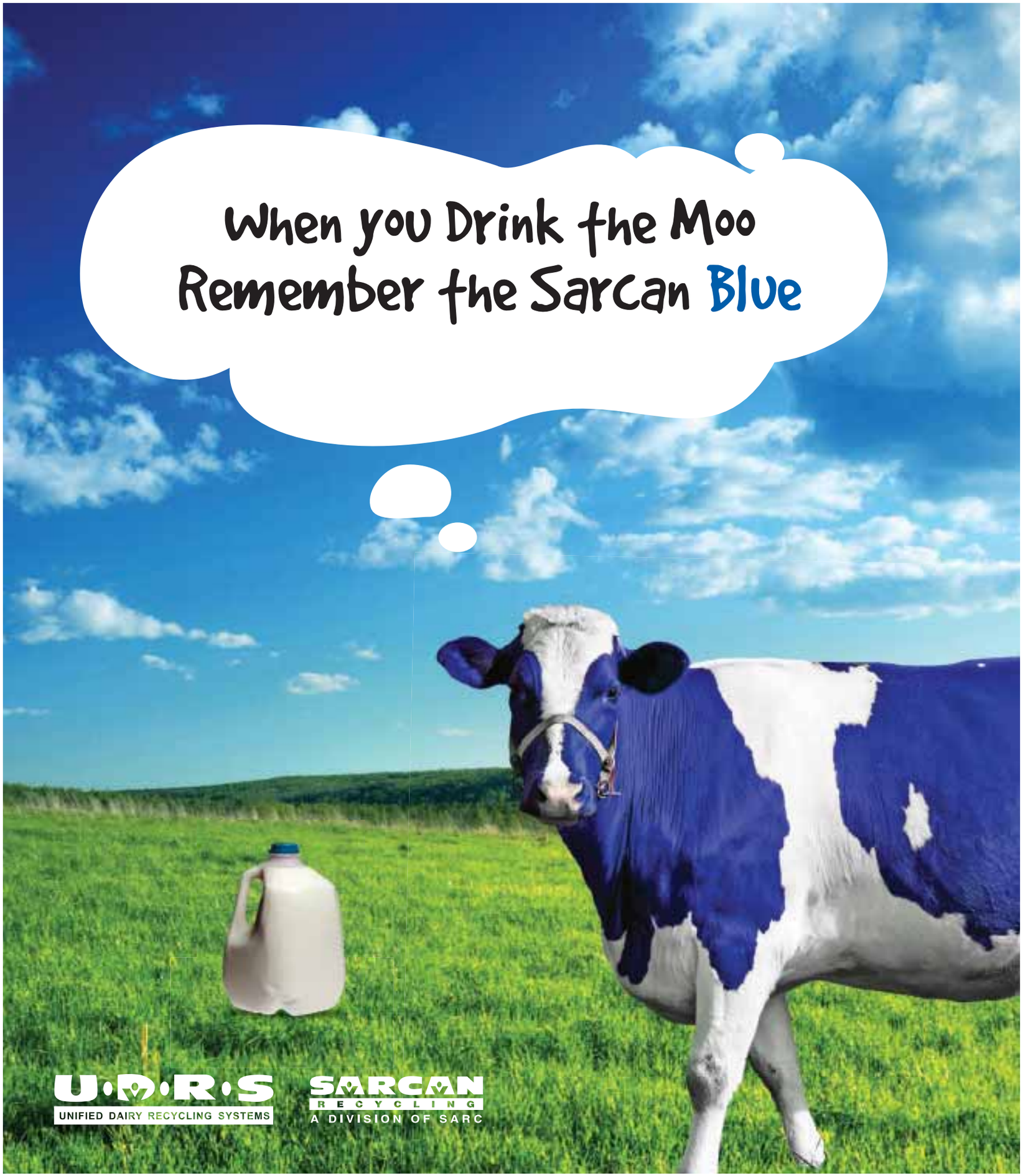
How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Friday's Sudoku

9	1	8	4	2	3	7	5	6
7	4	3	5	6	8	9	2	1
5	6	2	1	7	9	8	3	4
4	9	5	3	8	7	1	6	2
1	2	7	9	5	6	3	4	8
8	3	6	2	1	4	5	9	7
3	7	4	8	9	2	6	1	5
2	8	1	6	3	5	4	7	9
6	5	9	7	4	1	2	8	3

Sudoku

				7		4	6	5
		3						8
	9				2		1	
			8			1		
5	8		1		6		9	2
		4			3			
	4		7				8	
1						2		
2	7	9		3				


When you Drink the Moo
Remember the Sarcan Blue
U·M·R·S
UNIFIED DAIRY RECYCLING SYSTEMS
SARCAN
RECYCLING
A DIVISION OF SARC